



## **YOGA RETREAT, JOSHUA TREE NATIONAL PARK**

**Friday – Sunday, October 20-22, 2006**

**COST: \$279**

**WELCOME!** Thank you for your interest in this weekend adventure that takes place in a remote and spectacular high desert environment approximately 3 hours drive from San Diego. We pride ourselves on offering **the best** outdoor trips to this area and can boast of many years of experience leading first time visitors. We are committed to small group adventures that are safe and have a friendly atmosphere. The information that follows will give you a clear picture of the type of experience you can expect. We hope you will join us.

**DESCRIPTION:** Come and experience the silence and beautiful simplicity of the high desert of Joshua Tree National Park. Grounding our feet into the earth we lift our arms to the sky in sun salutations greeting the morning light. The retreat entails two morning and two evening yoga sessions with afternoon options of rock climbing, hiking and meditation. Whether you are new to yoga or a seasoned practitioner, this personalized trip is for you. We hope this weekend Yoga Retreat will give you the enjoyment and adventure you are looking for and at the same time revitalize you. We will spend two nights in the Indian Cove campground and all meals served will be vegetarian. There are numerous “Vault Toilets” (out houses) throughout the campground and we will have plenty of fresh water for staying clean and comfortable. Complete camping gear such as sleeping bags, tents, foam pads, etc. will be provided at no additional charge. Trip is limited to eight adults.

**YOUR YOGA INSTRUCTOR:** Al Toth is a registered Yoga Teacher as well as a certified personal trainer. Having studied with BKS Iyengar and Patahbi Jois his style combines elements of Iyengar, Ashtanga and Vinyasa flow to create a very centering practice. Al’s teaching is known for his clarity, enthusiasm, precision and alignment. In addition, Al has been leading trips for Aztec Adventures for four years and has an intimate knowledge of the natural history and rock climbing in the high desert of Joshua Tree.

Al currently teaches Yoga classes at the Ray & Joan Kroc Center on University Avenue on Tuesday and Thursday at 7:30pm if you would like to practice with him before the Retreat.

**INCLUDED IN THE PRICE:** The fee of \$279 per person includes, one professional yoga instructor, one camp cook/chef and one rock climbing instructor. 3-4 hours of daily yoga instruction, all camping fees, round-trip transportation via air conditioned 15-passenger van, 6 meals (2 breakfasts, 2 lunches & 2 dinners), complete outfitting of all camping and rock climbing gear. Full payment of \$279 is required to reserve your space. Please read our cancellation policies carefully before registering.

**NOT INCLUDED IN THE PRICE:** Your personal expenses will include on the road expenses and favorite snacks.

**WEATHER:** Warm days, cool nights, and plenty of sunshine is the norm. It would be rare to experience rain or cold. Expect temperatures as high as the 90’s and as low as the 50’s. The biggest factor to contend with is the wind. It is possible that windy conditions could make camping a little uncomfortable—but nothing we can’t prepare for.

**OUR EXPECTATIONS FOR PARTICIPATION:** Please commit to being a contributing member of a group of 10. We expect that you will be in good physical condition and health, able to participate in upwards of four hours of yoga a day in a primitive desert environment. We will enjoy meals together and divide equally all necessary tasks, such as cleaning dishes and setting up camp.

**CANCELLATION POLICY: PLEASE READ BEFORE REGISTERING FOR AN OUTING**

1. If you cancel from this outing twenty (20) working days (M-F) prior to the pre-trip meeting, you are entitled to a refund less a twenty-five percent (25%) handling fee or a credit voucher good for the full amount which can be used toward another outing. Credit vouchers are valid through the end of the academic year- June 30. Note: transferring from one trip to another constitutes a cancellation and must be done within the aforementioned deadline to avoid loss of fee.
2. If you must cancel from an outing after the aforementioned deadline (above), you may receive a refund (less a 25% handling fee) or a credit voucher good for the full amount **ONLY IF WE CAN FILL YOUR VACATED SPOT**. Please note that all other spaces must be filled before we can fill your space. If we are unable to fill your vacated spot, you will not be entitled to a credit voucher or refund. **NO EXCEPTIONS**.
3. Sometimes, we must cancel an outing due to low enrollment. In such a situation, we try to contact enrolled participants either by the Monday prior to the outing or the day of the pre-trip meeting. Enrolled participants will be eligible for a full refund or credit voucher.
4. In the event of cancellation due to unforeseeable circumstances on the part of Aztec Adventures or County of San Diego Department of Parks & Recreation (bad weather, natural disaster, or instructor illness for example), we will make every attempt to reschedule the outing or issue a full refund or credit voucher.

**RISKS/HAZARDS/SAFETY:** Joshua Tree National Park is a high desert environment. This time of year the heat and sun can be very taxing on one's body. Staying well hydrated and protecting one's skin is a must for an enjoyable and safe experience. Wind is always a possibility—especially at night. The terrain is filled with desert plants that possess sharp spines and branches. Wildlife common to the area consists of rattlesnakes, jack rabbits and coyotes. It is rare for visitors to have a negative encounter with the wildlife. Lastly, you will be camping! This entails sleeping on the ground either in tents or under the stars. We will cook our meals over a propane stove and enjoy a campfire at night.

**CLOTHING & EQUIPMENT:** An equipment & clothing list is included in this packet. Please limit yourself to one duffel bag to transport all your gear by van.

**HEALTH/PHYSICAL CONDITIONING:** Yoga can be strenuous at times. However, with proper instruction and technique you should enjoy a rejuvenating workout. Keeping yourself well hydrated, fueled up, and protected from the sun is essential and will help keep your energy level high.

**FOOD/COOKING:** Plan on this aspect of the trip being very rewarding. We hope you will be amazed (as many of our trip members have been) by some of the delicious vegetarian dishes that will be prepared by our trip leaders. Common dinner meals include: stir fry vegetables, tofu and rice and vegetarian chili and corn bread. Breakfast offers: whole wheat pancakes, fresh fruit, yogurt, granola, oat meal, dried fruit and honey. For lunches we serve whole grain bread, veggie "turkey" slices, sprouts, avocado, tomatoes, cheese, soy spreads, carrots, hummus, fresh fruit and sweets. Beverages include an assortment of teas, chai and coffee. We even serve dessert!! Peach cobbler and fruit compote are two of our specialties. Please let us know if you have any dietary restrictions on your Medical Disclosure Form

**CAMPING:** Friday & Saturday night will be spent camping in the Indian Cove section of Joshua Tree National Park. We have reserved four campsites each allowing for up to six people. Since we will only have 10 total people joining us, we will have additional space for setting up our camp kitchen, sleeping, camp fire and Yoga. Please understand that Indian Cove is a developed campground where many other visitors will be camping as well. There are numerous Vault Toilets (outhouses) within easy walking distance with dirt roads and trails throughout. All fresh drinking, cooking and bathing water will be carried in by van. We will strive to make your primitive camp experience as comfortable as possible, but please understand that you will be visiting a primitive, high desert, environment.

## ITINERARY

**PRE-TRIP MEETING:** A required pre-trip meeting will be held **Thursday, October 13, 2006; at 7:00pm** at a County of San Diego Department of Parks & Recreation facility TBD.

### DAY 1 (Friday)

Meet at SDSU at 12:30pm. Depart at 1:00pm. Make stops for rest breaks, gas and snacks. Arrive Joshua Tree approx. 4:30pm. Set up camp, enjoy the first Yoga Session watching the sun go down and enjoy dinner around the campfire.

### DAY 2 (Saturday)

6:00am	Rise for Morning Tea
7:00am – 9:00am	Yoga
9:00am – 10:00am	Breakfast
10:00am – 11:00am	Personal Time (Bathing)
11:00am – 3:00pm	Optional Adventure Activity: Introduction to Rock Climbing & Bouldering
1:00pm	Lunch
4:00pm - 5:00pm	Yoga
5:00pm – 6:00pm	Solo Meditation
6:00pm	Dinner
7:30pm	Campfire

### DAY 3 (Sunday)

6:00am	Rise for Morning Tea
7:00am – 9:00am	Yoga
9:00am – 10:00am	Breakfast & Pack Up
11:00am – 2:00pm	Adventure Activity: Day Hiking in Hidden Valley.
1:00pm	Lunch
2:00pm - 3:00pm	Optional Yoga, Solo Meditation, or rest.
3:00pm – 6:00pm	Drive back to SDSU

## PERSONAL EQUIPMENT THAT THE PROGRAM WILL PROVIDE:

- ☐ 20° Mummy Sleeping Bag
- ☐ Yoga Mat, Nylon Ground Cloth and Blanket: For staying clean and comfortable.
- ☐ Camp Chair
- ☐ Tea/Coffee Mug
- ☐ Wind Jacket & Pants
- ☐ Climbing Shoes:

## EQUIPMENT & CLOTHING LIST

### CLOTHING:

- ☐ Shade Hat – side brimmed is best. Baseball cap with bandanna covering the back of your head and neck will work.
- ☐ Warm Hat – a wool or fleece stocking cap or balaclava is wonderful if you are a “cold” sleeper or for wearing in the evening when it is cool and windy.
- ☐ Cotton T-shirt/shirts
- ☐ Cotton Sweatshirt or similar layer for cool mornings and evenings.
- ☐ Cotton bed sheet—This is wonderful on warm evenings when a sleeping bag may be too much
- ☐ Wind Breaker or Nylon Shell.
- ☐ Wool Sweater or Fleece Jacket/Pullover – great for in camp or if conditions get cold.
- ☐ Nylon or Cotton Shorts
- ☐ Cotton Sweat Pants: nice to have in camp for the cool evenings.
- ☐ Underwear
- ☐ Sport sandals: The terrain around camp is sandy but foot protection is always highly encouraged. In warmer weather sport sandals are nice to wear all the time.

- ❑ Hiking Shoes/Tennis Shoes: Essential for day hikes.
- ❑ Hiking Socks: Wool or Wool/Nylon blend.

**PERSONAL EQUIPMENT:**

- ❑ Sunscreen, Chapstick & Hand Lotion: The combination of dry desert air and salt water will leave you with lizard skin!
- ❑ Personal Toiletries: Whatever you need to bring to feel most comfortable.
- ❑ Sunglasses w/retainer strap: The sun can be extremely bright at times. A good pair that offers UV protection w/polarized lenses is recommended.
- ❑ Small Towel & Toiletries: Bring what you need to feel comfortable. Fresh water will be at a premium, so bathing will be limited (we're big fans of baby wipes).
- ❑ One-Quart Water Bottles: Bring a minimum of two. Water is your lifeline in the desert environment. Nalgene and Gatorade bottles are excellent because they will withstand someone stepping on them. Water Bags/Hydration-Hose Systems: These are wonderful when hiking because they allow hands free access.
- ❑ Flashlight or Headlamp with spare bulb and batteries.
- ❑ Snack Food: Our motto is "Lunch begins right after breakfast". Please keep your energy and calorie level high all day!
- ❑ Camera & Film
- ❑ Favorite Pillow for van & camping

**GROUP EQUIPMENT THAT THE PROGRAM WILL PROVIDE:**

- ❑ Expedition First Aid Kit, All rock climbing gear, all kitchen and cooking gear, tents, foam pads, camp chairs, ground cloths for staying clean while practicing yoga, fire wood, food, and water.